



Week 7

# Targeted...

## Glucose and Triglycerides Tip

### Manage stress.

When you're stressed out, your body creates a lot of stored energy – glucose and fat – so cells can use it when called into action.

In diabetics, this extra energy doesn't make it to the cells, so glucose piles up in the blood and results in high readings, according to the ADA.. This will also cause your Triglycerides to climb.

How can you burn off tension? Yoga and meditation have helped lower blood sugar and Triglycerides.

The ADA also recommends creating your own stress-relieving routines: talking with a supportive friend, taking a warm bath or shower, watching an enjoyable movie, listening to music or taking a walk.



## Cholesterol Tip

### Practice healthy cooking methods

Avoid frying foods - rather use dry-frying, roasting, baking, poaching, boiling, steaming, grilling and microwave cooking. Remove all visible fats from meats and the skin from chicken PRIOR to cooking – lean meats can also be roasted or grilled on a rack so that the extra fat can drip off. Remember that meat dishes can be thickened by using legumes and/ or vegetables in combination and cream in recipes can be substituted with low fat evaporated milk and sour cream or low fat yogurt..

